The Importance



Helen Gaylord Clark, who was kind enough to pose for the two duncing pictures illustrated here and who is one of the forement exponents of modern duncing, told me in a recent interview how this may be done. She taild:

The secrets of familian beauty were possessed by the Creeks as for no settled they are strong and symmetrical and beauty in the feeling that very soon she would as the fell like doing when her muscles were proparly 'tensioned.''

The secrets of familian beauty were possessed by the Creeks as for no settled them, as the success of the strong and symmetrical and beauty, the previted them, as the success of the strong and symmetrical and beauty, the previted them, as the success of the strong and symmetrical and beauty. The previty hat featured in the center of the picture was one worn by Miss Clark when she accessed to be the drawn even beauty. The previty hat featured in the center of the picture was one worn by Miss Clark when she had ceased to be the drawn even beauty. The previty hat featured in the center of the picture was one worn by Miss Clark when she cased to be the drawn even beauty. The previty hat featured in the center of the picture was one worn by Miss Clark when she accessed to be the drawn even beauty. The previty hat featured in the center of the picture was one worn by Miss Clark when she accessed to be the drawn even beauty. The previty hat featured in the center of the picture was one worn by Miss Clark when she accessed to be the drawn even beauty the provided them, as the success of the support alone the whole word worshiper at the center of the picture was one worn by Miss Clark when she accessed to be the drawn even beauty to the feeling that very many of the structure. We can't change that very a windern, alert young girl, donning her with the center of the picture was one worn by the drawn even beauty to the intended of wondering how or are going to draw yourself around our modern cut't do with our many the provided them, as the success of the success of the success of t

Of Trifles

"I AM sure I spend just as much time and money on the little suits and dresses and hats," complained one woman who was having difficulty in finding a moderate priced collar dressy enough for her new crepe de

> It is very true that one must spend a large portion of one's dress allowance for all these little accessories, but instead of not counting at all they are

stead of not counting at all they are wonderfully important.

There is a very great difference between the woman who is nicely dressed and the woman who is entirely "chic." The former, perhaps, will have well made clothes, good hats and fursand, as a rule, look very charming, but unless she pays an infinite amount of aftention to all the tiny details and allows herself an ample margin in her dress allowance for the small thipps, such as neckwear, stockings, gloves, etc., she will never achieve perfection so far as matters sartorial are concerned.

To be perfectly turned out a woman must spend no inconsiderable sums on the less remarkable items of her at-tire. For instance, the fashion for lace collars, jabots and frillings of all kinds attached to blouses and costumes means a continuous renewal of delicate laces, while pretty blouses, hats for every occasion, belts, ribbons and ties by the end of a year will be found to have cost as much as, if not more than, the usual sum spent on costumes and

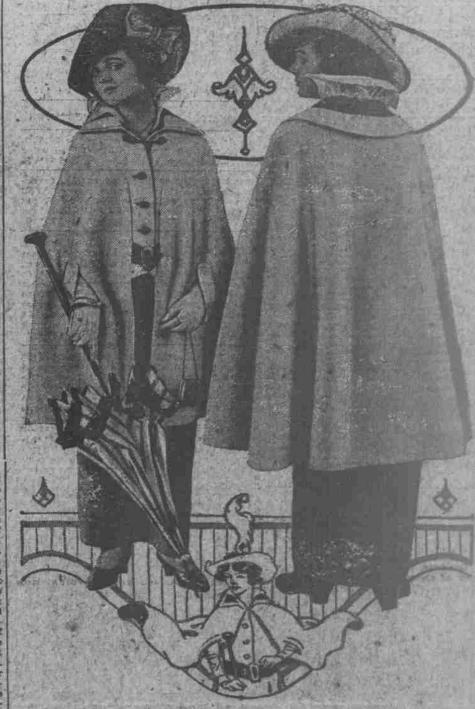
However, there is no need to be-grudge this fact, for any expenditure on pretty, small things is well reward-ed by the immense difference made to the whole appearance and the satisfac-tion thereby entailed.

SOMETHING TO REMEMBER. OUR own health and happiness, right here and now, are a part of the ends of creation. One of the goals of the ages is that we who now live should be worthly alive. Every one of us is more than a link in the long chain of humanity, more than a means to an end in the faron future. We are a triumph of the past and of the present. Not merely our work and our influence are the objects of our existence, but our actual life itself. To be well, to be "So beauty its within every woman's grasp, and she, I believe, can attain it, not through purposeless exercises, but by expressing emotion or the subtler nuances of the soul by dancing."

The pretty little lady is a living exponent of her theory—gracefully bird-like. As she moved about I had the feeling that very soon she would actually fly away, as she had just said she felt like doing when her muscles were properly "tensioned."

So much for the modern cult of beauty. The pretty hat featured in the center of the picture was one worn by Miss Clork when she had ceased to be are objects of our existence, but our actual life itself. To be well, to be happy, to rejoice in existence—for that we were born. The old Puritans and ascetics were not wise when they despised the body. That conception of religion was distorted, a swing of the pendulum too far to one side. Without bodies souls are of no earthly use. When these mortal temples of our extends life itself. To be well, to be happy, to rejoice in existence—for that we were born. The old Puritans and ascetics were not wise when they despised the body. That conception of religion was distorted, a swing of the pendulum too far to one side. Without bodies souls are of no earthly use. When these mortal temples of our estimate in the spised the body. That conception of religion was distorted, a swing of the pendulum too far to one side. Without bodies souls are of no earthly use. When these mortal temples of our estimate in the outer of the picture was one worn by the outer of the provided them, as the supplies of the pendulum too far to one side. Without bodies souls are of no earthly use. The pretty fit is a living and the body. That conception of religion was distorted, a swing of the pendulum too far to one side. Without bodies souls are of no earthly use. The pretty fit is a living and the body. The supplies are the body. The supplies are strong and symmetrical and beautiful they honor the beauty of the pretty fit is a living and the body. The supplies are strong an

CAPES HAVE RETURNED TO FASHIONABLE FAVOR



NOT in years has the cape been so great a favorite with the devotees of Dame Fashion. Direct from Paris came the stunning cape-mantle illustrated here. The vest and the arm slits suggest a coat, although the back view has no such suggestion. The wrap is built of yellow brown wool and is lined with yellew satin. Yellow, by the way, is a very fashionable color this season and is

How to Keep Young

Fitting two woman of all these in the public sys best qualified from expectation for the public system of the p

pan and cook until they are thoroughly hot. The contents of the pan must not boil after the egg has been added. Serve with the usual curry accompaniments of boiled rice and chutney.

Banana and prune trifle may be made

Enter the Jaunty Nose Tip Veil

Be Happy and

her husband's digestion. I did not know you thought you were marrying a cook," a young wife eaid sarcan-tically when her husband ventured to complain about the heavy biscutts, dried up beefstealq and other things. thought his wife was a cook but had a right to think that she was a housekeeper, a woman who could manage the affairs of his home as he manage the his home as he manage the his home as he manage the his how he had a home as he manage the his home as he had a home as he ages his business. The old harman idea

that a woman is shaply the entertainer of her husband is not in line with the progress of the world. A woman must not only be the muth-er of her children, but she must know how these children should be brought up in health and comfort, how they should be educated and what should be done to make them reliable and insirable citizens. She must know the business of housekeeping from the first to the last principle of it. She is the protector of her children, and while she does not have to protect them from wild beasts she is ready to fight for anything that will conduce

question of sanitary or moral condi-USE HYGIENIC GLASS DISHES IN THE REFRIGERATOR.

to their well being, whether it be a

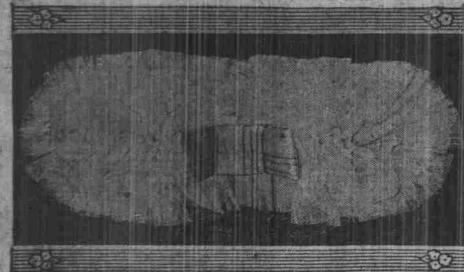
COVERED glass dishes made especially for the refrigerator and mid at reasonable prices have a twofold

walue for the housewife.

In the first place, she can see at a giance what they contain; in the second, all danger that one article of food will absorb some of the properties of another is removed. Butter becomes tainted merely from standing in given proximity to meat or vegetables. If it is not actually applied it loses its purity and sweetness.

Delicate desserts loss their flavor simply from standing overnight in the refrigerator uncovered. These glass dishes come in different shapes and sizes. An oblong glass bulk-ter dish, similar in style to the old fashioned ones once used on the table costs only 25 cents. There are round dishes with high covers expe-cially suitable for meat and deep dishes with flat covers in which to place vegetables or stewed fruits or

whatever one has on hand.



POR cool days milady will furnish herself with various neck coverings.

Prominent among these neck fixings will be found the ruff made of sheer malines sewed upon a satin foundation. The one illustrated here was at white with a tiny black bordered edge and was finished by a white sating pump how. Any shade or hue which is becoming can be used for these ruffs, and a timy bouquet of field flowers is a pretty finish.

The Kinship of Poverty

The came of the modern mother is a crowds of people hurrying along the street b seed themselves to face the seed themselves to face the cold, per viriting wind. Crouched hiw against a wall of a church at the case of the fewalk was an old woman a gray and over her bead and shoulders at the read dress showing because the seed the hurrying crowd through helf sightless eyes and held out in her rough, red hand a few shoestrings.

The came of the modern mother is a very different affair. To begin with, you gray that has fairly large holes in it. Snip off bits from the inside until a hollow purse. With shaking fingers she feld it and has not the said at the sponge mood to fip away dull care with the out making any prefense of buying and through helf sightless eyes and held out in her rough, red hand a few shoestrings.

For a second or two the two woman through helf sightless eyes and held out in her rough, red hand a few shoestrings.

For a second or two the few woman the street another old word. It was not a look of pity on the strings and struggle and a gray and the second or two the common dressed neatly though shabbly in black, senting on a cane. She paused the science of things as they were. Then the midst of the burrying crowd.

The cane of the modern mother is a call it a spider stick, and when mother affair. To begin with, you call it a spider stick, and when mother affair. To begin with, you call it a spider stick, and when mother affair. To begin with, you call it a spider stick, and when mother affair.

The cane of the modern mother is a call it a spider stick, and when mother affair.

To begin with, you call it a spider stick, and when mother affair.

To begin with one and sallies forth at the side tapes long enough to faster the side tapes long enough to faster the side tapes long that he spide stick, and when mother affair.

To begin with one and sallies forth at the side tapes on group and the spide still and has not the failing the west intendent of the spide still and has not the failing the spide sti

A PRETTY FOOT IS A CONTINUOUS JOY ONCE in awhile one notices an eld-with big ankle bones and exaggerated erly woman with really beautiful joints. If they do, Goethe's pat little element of beauty that defies the as-

element of beauty that defies the assaults of time."

Goethe, of course, was speaking only of physical beauty, not beauties of mind, which may increase with age. And Goethe was right. The well cared for foot does defy the assaults of time. Given a soft, dkinty shoe, a soft, sliky about the shops and in city streets is stocking and the old foet is quite as decidedly out of place.

feet, and then one is reminded of these words of Gosthe: A pretty foor is not only a continuous joy, but it is the one element of heauty that defies the as-

thractive as the young foot.

And the same shoe worn by business
That is the ideal old foot. But one women, by saleswomen who must stand wonders whether the present regime of long hours on their feet and by the high heels and narrow toes is not govern maids and cooks in the houses of ing to produce some very ugly feet— women of leisure is ridiculous.

BUY MOTHER A CANEL YEARS ago a glimpse of mother with MANY women are annoyed by dust a cane was the signal for beating a hasty retreat. That came was inexpensive and of very simple construction, Buy a sponge large enough to cover usually a product of the back yard. the mouth and nostrils. Get a sponge The cane of the modern mother is a that has fairly large holes in it. Snip very different affair. To begin with, you call it a spider stick, and when mother arms herself with one and sallies forth side tapes long enough to fasten be-

ONE USE FOR A SPONGE. from sweeping or in cleaning the

ILLUSTRATED here is a charming arrangement for a useful summer going away gift. Here you have a tiny storage battery, which makes you light by pressing the button you see on the front, a clock under tells you the time, and in a drawer in the leather case may be stored the jewels of which you happen to be possessed.